

Seared Steaks & Lemon-Caper Butter

with Oven Fries

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients



2 Steaks 

SWAPPED FOR:



2 Flank Steaks 



1 Lemon



¾ lb Potatoes



1 Tbsp Capers



1 oz Salted Butter



1 clove Garlic



2 oz Arugula



1 Tbsp Weeknight Hero Spice Blend¹



Serve with Blue Apron wine that has this symbol
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¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1/2-inch-thick sticks.
- Roughly chop the **capers**.
- Quarter and deseed the **lemon**.
- Peel 1 clove of **garlic**; using a zester or the small side of a box grater, finely grate into a paste.



2 Make the oven fries

- Place the **potato sticks** in a large bowl. Drizzle with **olive oil** and season with salt, pepper, and **all but a pinch of the spice blend**. Toss to coat.
- Transfer to a sheet pan and arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels. Season with salt and pepper on all sides.
- In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board; let rest at least 5 minutes.



4 CUSTOMIZED STEP 3 If you chose Flank Steaks

- Meanwhile, pat the **steaks** dry with paper towels. Season with salt and pepper on both sides.
- In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board; let rest at least 5 minutes.

4 Make the compound butter

- Meanwhile, in a bowl, combine the **softened butter**, **chopped capers**, **remaining spice blend**, **the juice of 1 lemon wedge**, and **as much of the garlic paste as you'd like**.
- Using a fork, mash to thoroughly combine.



5 Dress the arugula & serve your dish

- In a large bowl, whisk together **the juice of the remaining lemon wedges** and a drizzle of **olive oil**; season with salt and pepper.
- Just before serving, add the **arugula** to the bowl; season with salt and pepper. Gently toss to coat.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **oven fries** and **dressed arugula**. Top the steaks with the **compound butter**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.



Try it on
the grill

This recipe provides cooking instructions for your stove or oven, but it can also be prepared on the grill! Scan this QR code for helpful tips on how to adjust cooking times and adapt this recipe.



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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